

PALEO PARENTS *Quick and Easy*



START TO PALEO GUIDE!

We've Been Living a Paleo Lifestyle for Over 4 Years Now

Through the process we've not only achieved our own health successes, but we've also coached thousands of others on how to do the same. We have a specific approach and philosophy on *how* to make this work for each and every person living within budgets, time constraints and other *real* life factors.

Our Definition of Paleo is Simple

Eating unprocessed whole foods that make our bodies feel good. For different people those specific foods may be different things. We have issues with dairy where others may not. We're more liberal with "sugar" than others may be, and we enjoy Paleo(ish) treats from time to time because it allows to sustain this lifestyle.

We focus on how to still live a socially "normal" life while also optimizing our health.

We Want to Help You Succeed

Having a meal plan and keeping yourself surrounded by the right kinds of foods can make all the difference! It's our goal to help you get started on the Paleo diet by providing you with a week's worth of easy, affordable, and most important- family friendly meals. Plus, the resources you need to avoid perfectionism, make good choices no matter what your situation is, and stick with it for a lifetime of wellness!

ABOUT US

Our Before & After Story

We've lost a total of 200lbs- read our before and after story.

Our Children: Cole, Finian, & Wesley

How Paleo has impacted the lives our three boys.

GETTING STARTED WITH THE BASICS

Our Resource Guide

Everything that we personally use and love: books, food, kitchen tools, and even healthy living products.

Paleo Diet Overview

Specifics on exactly what we eat, what we avoid and why.

Our Paleo Pantry

Take a tour of our pantry and see what we actually keep on hand!

Our Paleo Fridge

See what's in our Paleo fridge!

SUSTAINING A PALEO LIFESTYLE

Keeping Your Family Out of the Paleo Poor House

Isn't Paleo Expensive?! It can be, but it doesn't always have to be! This is how we do it.

Eating Out

Eating out can be a challenge- here's how we tackle restaurants and food away from home.

Packing a Paleo Lunch

Hint: it's easier than you think!

No, Really. What do Your Kids Eat?

A look at what our Paleo-kids actually like to eat.

Secret Fatalities

Mistakes we made when first going Paleo.




**CHECK
OUT
OUR
BOOKS!**

Quick Start Meal Plan

Planning ahead, and making sure you have the resources on hand to prepare healthy meals can make all the difference!

We love to utilize leftovers (you'll see several references in the meal plan, designated as "L/O") to save time and ensure that we can get a well-rounded, great-tasting meal on the table in no time.

In order to make a seamless transition into a Paleo lifestyle, we recommend approaching it in three phases, as indicated by the different colors in the meal plan. **First, swap out the most offending foods for healthier packaged options, then remove the remaining non-Paleo items, and heal through a focus on nutrient-dense ingredients and lifestyle factors.**

You can learn more about this approach in our books Real Life Paleo and 3-Phase Paleo.

We have included several optional suggestions in this meal plan, things like chips (we recommend Jackson's Honest Sweet Potato Chips or Inka Plantain Chips) as well as some desserts and snacks, which are best for athletes who need extra carbs, kids, and those that are transitioning their palate. If your focus is on losing weight, consider avoiding these items.

Weekend Prep

Make	<u>Stock or Bone Broth</u>
Make	<u>N'Oatmeal Cookies & Grain-Free Granola</u>
Make	<u>Chicken Liver Mousse</u> (optional)
Make	<u>Sweet Potato Apple Hash</u> (Double for Leftovers)

Thursday

Breakfast	L/O <u>Bacon & Butternut Bisque</u>
Lunch	L/O <u>Bacon Chicken & Cabbage</u> , <u>Sweet Potato Biscuit</u>
Dinner	<u>Juicy Pot Roast</u> over Cauli-Mash
Snack	Apple & <u>Chicken Liver Mousse</u> or <u>Nut/Sunbutter</u>

Monday

Breakfast	Scrambled Eggs with <u>Sweet Potato Apple Hash</u>
Lunch	<u>Butternut Squash & Bacon Bisque</u>
Dinner	<u>Eastern Market Shrimp Salad</u> over Greens
Snack	Apple & <u>Chicken Liver Mousse</u> or <u>Nut/Sunbutter</u>

Friday

Breakfast	Fried Egg, <u>Sweet Potato Biscuit</u> , Bacon or Sausage
Lunch	<u>Leftover Juicy Pot Roast</u> over Cauli-Mash
Dinner	<u>Burgers</u> , <u>Kale Chips</u> , Sweet Potato or <u>optional Chips</u>
Snack	<u>N'Oatmeal Cookies</u>

Tuesday

Breakfast	<u>Grain-Free Granola & Coconut Yogurt</u> or Milk
Lunch	Leftover <u>Butternut Squash & Bacon Bisque</u>
Dinner	<u>Salmon</u> , Sautéed Greens, L/O <u>Sweet Potato Apple Hash</u>
Snack	<u>N'Oatmeal Cookies</u>

Saturday

Breakfast	<u>Easy Peasy Pancakes</u>
Lunch	<u>Hot Dog w/ Kraut</u> , Salad, Avocado & <u>optional Chips</u>
Dinner	<u>Mongolian Beef</u> with Fried Cauli Rice
Snack	L/O <u>Granola</u> w/ <u>Chocolate Chips</u> , Banana & Almond Milk

Wednesday

Breakfast	L/O Eggs & <u>Sweet Potato Apple Hash</u>
Lunch	Lettuce Wraps with Avocado, <u>Meat</u> & <u>optional Chips</u>
Dinner	<u>Bacon Chicken & Cabbage</u> , <u>Sweet Potato Drop Biscuits</u>
Snack	Fresh Fruit

Sunday

Breakfast	<u>Pesto Eggs</u> & <u>Chunky Monkey Muffins</u>
Lunch	Leftover <u>Mongolian Beef</u>
Dinner	Meatloaf, Salad, Butternut squash
Snack	Apple and <u>Chicken Liver Mousse</u> or <u>Nut/Sunbutter</u>

Good Eatin' Recipe photo index



Stock & Bone Broth

Nutrient-rich and full of flavor, use as the base to soups and stews, or sip as a beverage for ultimate health.



N' Oatmeal Cookies

Sweetened with only fruit, these hearty cookies are reminiscent of your favorite oatmeal cookie (but without the grains) and are a filling and satisfying treat.



Grain-Free Granola

Crunchy, slightly sweet and packed with nuts, seeds, coconut and cranberries- it's perfect with coconut milk yogurt or almond milk for a quick breakfast or mid-day snack.



Chicken Liver Mousse

Loaded with nutrients, this super-food mousse a great way to ease into organ meats. We recommend eating it with Pink Lady apples!



Sweet Potato Apple Hash

This breakfast will fuel you for your day- tangy apples, creamy sweet potatoes and sausage together with the right spices makes the perfect match to your breakfast eggs.



Creamy Butternut Bisque with Bacon

Rich and creamy butternut soup, with a base of healing flavorful broth, topped with bacon, because... well bacon.



Eastern Market Shrimp Salad

Shrimp in a creamy, herby sauce- perfect served over a simple bed of fresh greens.



Lemon Dill Salmon

Full of flavor, this is a simple dinner that comes together quickly with five ingredients and five steps. Great for the grill or the oven!



Bacon Chicken & Cabbage

A whole chicken, wrapped in bacon and roasted in the oven. The best part is the base of cabbage it sits on, which gets roasted along in the bacon drippings and is insanely delicious!



Sweet Potato Drop Biscuits

One of Stacy's favorite recipes, these biscuits come together quickly and make a great accompaniment for just about any main dish.



Kale Chips

Tossing the kale with cooking fat and roasting it in the oven turns it golden brown, crispy and nutty.



Easy Peasy Pancakes

Light and fluffy grain-free pancakes are a staple on our weekends. We top them with real maple syrup!



Mongolian Beef

Our famous recipe- this Mongolian Beef rivals any take-out food you've had! The sweet and sticky sauce is loaded with umami.



Pesto Eggs

Eggs cooked in nests of spaghetti squash and topped with fresh basil pesto are a perfect weekend breakfast.



Chunky Monkey Muffins

The classic combination of banana, walnuts and chocolate is perfect in these fun, simple and delicious muffins!